

City of Duluth

Bridge to Wellness Newsletter

Featured Employee: Chris Kleist—Utility Op. Prgm Coordinator

Upcoming Events:

- Aug 4—Chester Creek Concert at 7pm feat. Charlie Parr - FREE
- Aug. 5 —Living the Healthy Lifestyle Lunch & Learn (FREE) at City Hall at noon
- Aug 5-9—Spirit Valley Days (check out spiritvalley-days.com for details)
- Thursdays in Aug—City Sounds at the Library Plaza—FREE concerts at 6:30pm
- Aug 8—Run Like an Animal 5K Run/Walk—8am at the Zoo
- Aug 9—Art In Me fair at Lester Park
- Aug 15-16—Art Fair in Bayfront Park & Kraus-Anderson Bike Festival at Spirit Mountain
- Aug 29—HEROES 5k Run/Walk (sponsored by St. Louis County)

Chris Kleist easily demonstrates what a picture of health looks like. The Utility Operations Program Coordinator has his own reasons and methods for staying healthy:

Chris's Philosophy on Wellness? Chris's goal is to stay healthy, but enjoys building his strength and muscle. He has participated in bench press competitions and body building in a male physique show, and enjoys the physical strength and confidence that comes with it. Chris won the Minnesota State Open USAPL Bench Press in 2014.

What do you do to stay healthy? Chris mostly weight-lifts, with some cardio workouts closer to a show. He lifts nearly every day and you can find him at the gym by 4:30am. Although he doesn't count calories, Chris definitely tracks his macro nutrients; monitoring his protein, fat & carbohydrates and limits his sugar intake.

What motivates you to stay healthy? Chris is motivated by fear—the fear of falling out of shape. He has worked so hard to build his strength and because it doesn't take long for the body to lose muscle mass, he chooses to maintain and build upon his base.

What inspires and challenges you and how do you overcome those challenges? Chris is very goal-oriented—whether it is being able to complete a 400lb Bench Press or a 600lb Dead-Lift, or a size goal - he enjoys the challenge of reaching those goals he sets for himself. Competition is also a big driver. Knowing that his competitor is out there pushing hard holds Chris accountable and drives him to keep going. With a 6 & 4year-old at home, Chris also wants to be there for them and purposefully gets up and goes to the gym early, to be home before they wake up. He's incredibly motivated and driven!

Any advice? 1. Set goals. Being willing to do what it takes to reach those goals.
2. Focus on nutrition. Eating healthy is important for EVERYONE.
3. Push yourself. It's also important to push beyond your limits in whatever workout you are doing—whether it's Jillian Michael's at home video or training for a competition. Don't quit because you're tired or sore.



Inside this issue:

- Walking in Nature Changes the Brain **2**
- Top 10 Apps **2**
- How to Store Fresh Produce **3**
- Farmers Markets **3**
- Recipe of the Month **3**
- Opportunities to Do Well and Be Well **4**
- Wellness Days **4**

The Summer Challenge Celebration & Golf Scramble

If you haven't heard already... We're celebrating! The Summer Challenge is coming to an end and sadly, so is summer. We want to celebrate you, whether you have been participating in the Summer Challenge or not.

WHO: All employees (and family) are invited to join us at this Picnic

WHERE: Lester Park

WHAT: A Picnic with Yard games such as bocce, tug-o-war, badminton, ladder ball, etc.

WHEN: Aug. 20, Games start **5pm**, Picnic at **6pm**. Food and games will be provided, but you are welcome to bring a dish to share (and chairs or something to sit on if you would like to). **FREE!!**

Golf Scramble—MUST RSVP

WHO—Employees—teams of 4 (do not need a team to register)

WHERE: Lester Park Golf Course

WHAT : 9-hole golf scramble for fun (& some prizes)

WHEN: Aug. 20th, 3pm shot-gun start

COST: \$10/person

MUST RSVP—Space is Limited!

For more info regarding either event

contact Angel at 730-5201 or email

ahohenstein@duluthmn.gov

Walking in Nature Changes the Brain



A walk in the park may soothe the mind and, in the process, change the workings of our brains in ways that improve our mental health, according to an interesting new study of the physical effects on the brain of visiting nature. Various studies have found that urban dwellers with little access to green spaces have a higher incidence of psychological problems than people living near parks. They have also found that city dwellers who visit nat-

ural environments have lower levels of stress hormones immediately afterward than people who have not recently been outside. A recent study focused specifically on individuals walking in a wooded/park-like setting compared to those who walked next to a highway/busy road, and evaluated their brain functions before and after the walk. As expected, those who walked next to a busy road still had

high levels of blood-flow to the prefrontal cortex (indicating higher stress levels) and rated their moods the same as when they had started. The participants who walked in the quiet woods had an improved mood and much less blood flow to the prefrontal cortex (signaling that they were able to relax).


In other words—take a stroll through one of our MANY parks, on one of our MANY trails! It will do your brain (& body) good!

In other words—take a stroll through one of our MANY parks, on one of our MANY trails! It will do your brain (& body) good!

In other words—take a stroll through one of our MANY parks, on one of our MANY trails! It will do your brain (& body) good!

Top 10 Health & Wellness Apps (according to Information Week)

There are so many different fitness, nutrition tracking, meditating, etc., applications to choose from, it's hard to know which one will give you the information you are looking for. Here are some different health and wellness app options for iPhones & Androids to help keep you on track and healthy (of course we hope you have Daily Endorphin downloaded too):

1. **PACT**—If you skip a workout, you're going to pay – in more ways than one. PACT, formerly known as GymPACT, lets you earn money by staying active at the expense of those who don't. It's an ideal system for people motivated by monetary incentives.  (The PACT app)
2. **Couch to 5K** - 9-week training program for new runners, includes a virtual coach, log & share workouts, track progress and in-app music player.
3. **SworKit**—5 minutes of exercise is better than no exercise...that's the premise of the app. Contains exercise library of demonstrations where you can select and put together your own workout.
4. **Spring**—Spring synchronizes your movement to a specific beat. Move faster with faster music! Track and save runs and design interval programs.
5. **Argus**—If you're meticulous about tracking health and fitness data, Argus is the one for you. It's an all-in-one platform that records steps taken, calories consumed, GPS maps, water/coffee/tea intake and sleep cycle.
6. **iTriage**—If you can't access our health plan Virtual clinic, this app can help provide answers to medical questions and possibly provide medication information.
7. **ShopWell**—Analyzes nutritional information based on your dietary needs and preferences.
8. **HealthyOut**—Eating out app that helps you select better options and provides good-for-you modifications.
9. **Luminosity**—Brain-training games, intended to boost memory, attention & problem-solving.
10. **Mindshift**—designed to help people struggling with anxiety to help change the way they view their condition.

Best Way to Store Your Fresh Produce

KEEP THESE FOODS SEPARATED AT ROOM TEMP		KEEP THESE FOODS SEPARATED IN THE FRIDGE	
Ethylene-sensitive produce	High ethylene-producing produce	High ethylene-producing produce	Ethylene-sensitive produce
Bananas (unripe)	Bananas (ripe)	Apples	Broccoli
Cucumber	Tomatoes	Blueberries	Brussels sprouts
Eggplant	<i>Transfer these to fridge when ripe ▶</i>		Cabbage
Green beans	Apricots	Apricots	Carrots
Onions	Avocados	Avocados	Cauliflower
Potatoes	Mangoes	Mangoes	Dark leafy greens
Summer squash	Melons	Melons	Leeks
Sweet potatoes	Nectarines	Nectarines	Lettuce
Watermelon	Papayas	Papayas	Peas
Winter squash	Peaches	Peaches	Raspberries
	Pears	Pears	Strawberries
	Plums	Plums	



Help! I have all this great garden produce...how can I keep it from rotting too quickly? Storing food the right way can make all the difference. Ethylene, a natural gas that's released from some fruits and vegetables, speeds up the ripening process. That can be an advantage—to ripen an avocado quickly, seal it in a paper bag—but too much ethylene can cause produce to spoil. Fruits and veggies that release high amounts of the gas shouldn't be stored alongside ethylene-sensitive produce. And it's not all about ethylene; temperature plays a role, too, in getting the most from your produce. The chart on the left helps identify how to best store fresh produce.

Farmer's Markets....Who, What, Why, When & How

It's getting late in the year, but the Farmer's Markets are still full of amazing produce! The markets support local farmers, so not only are you sustaining our local economy, you also know where your food is coming from and can ask the farmer about their products. Don't forget to stop by one of these venues for delicious treats from the season:

- Downtown Farmer's Market—Tues., 11-am—1pm in the Lake Superior Plaza
- Duluth Farmer's Market—Wed., 2pm-6pm & Sat 8am-12pm at 1324 E 3rd St
- UMD Market Day—Tues., 1pm-4pm at 1120 Kirby Plaza
- West Duluth Farmers Market—Thurs., 3pm-6pm at Grand Avenue & 45th Avenue West

Recipe of the Month: Pico De Gallo (or Fresh Tomato Salsa)

Tomatoes are coming! What to do with all of those gorgeous & ripe red orbs? Salsify them!

INGREDIENTS

- 2-3 ripe tomatoes (chopped)
- 1/2 finely chopped onion
- 1 green pepper (chopped)
- 1/2 jalapeño finely diced
- 2 garlic cloves finely diced
- 1/4 C freshly chopped cilantro

- Juice from one fresh lime
- 1 TBSP freshly ground coriander
- 1 TBSP sugar
- Black pepper, garlic salt &/or kosher salt to taste

DIRECTIONS

1. Mix all ingredients in large bowl. Add more or less lime

juice, cilantro, pepper and salt to taste. The sugar is just used to offset the brightness of the lime.

2. Serve with tortilla or pita chips or use as garnish for anything!



Opportunities to Be Well :**How to stay happy (and healthy) after the Vacation is over**

Vacation is meant to be a restful time, a time to reinvigorate yourself. It is defined by the Merriam-Webster dictionary as: 1. a respite or a time of respite from something; 2. a) a scheduled period during which activity is suspended; b) a period of exemption from work granted to an employee; 3. a period spent away from home or business in travel or recreation and 4. an act or an instance of vacating. But when that act of respite over—how do we hold on to that glowing feeling of happiness? Below are a couple of tips to consider both going into and après-vacation to help the feeling linger a little longer:

1. **Vacations can be short in duration**—taking shorter, more frequent vacations instead of saving up for 2-week departures, can help keep both a balanced and manageable workload upon return to work, and yet recovered from every day stressors.
2. **Mentally detach from the working world**—it is important to unplug in order to re-charge. You need to be effective in your role and by removing yourself from the equation, allowing yourself downtime, will only make you that much more effective at your job.
3. **Ease back into work after a vacation**—Plan for one of your vacation days to be the day to unpack, do laundry, etc., upon return. If you choose to “plug back in” at that point, you at least have a buffer day before going into your regular schedule.
4. **Re-frame vacations into experiences**—You don’t have to plan grand adventures to have a vacation, sometimes those can be more exhausting than they are worth. Instead focus on things you would like to do but typically don’t have time to do it during a normal work week.. For example, maybe you’ve always wanted to try canvas-painting. Take a class during your week off to give you a take-away that you can continue to use going forward or share with others.
5. **Reflect, feel gratitude & share stories** - By sharing your stories with others, you naturally reflect on those moments of your vacation that are fun and exciting to share. Your “vacation after-glow” will linger as you talk about your experiences. The key takeaway is that it's best not to see a vacation simply as a discrete period of time, but rather as something that you will talk and think about a lot both beforehand and, hopefully, for years after the fact.

Be sure to check out the Bridge portal or the Bridge to Wellness site for more information, upcoming events and more! Subscribe to the bridgetowellness contact list to receive regular tips, reminders and other information regarding wellness.



<http://www.duluthmn.gov/bridge-to-wellness/>

Wellness Days! August 20th: Picnic at Lester Park & Golf Scramble

Come and join us for night of relaxation and fun! You're invited to a picnic at Lester Park on August 20th starting at 5pm. Completely free for you (and your family), some food, yard games and fun. Details on the front of this newsletter for both the picnic and golf event.

Coming in September—Fall Colors Hike on the Superior Hiking Trail. Date to be determined.

Opportunities to Do Well: There are endless opportunities to “do well” - supporting cancer walks, 5k's for local charities, food drives, the list goes on. However you choose to volunteer your time, treasure, or talent, is a welcome gift to any organization/person who receives it. The City's own parks and libraries, benefit greatly from individuals who choose to share their resources. If you have time and are looking for a new way to be involved, consider volunteering. Contact Cheryl Skafte, our Volunteer Coord., at cskafte@duluthmn.gov for more info.